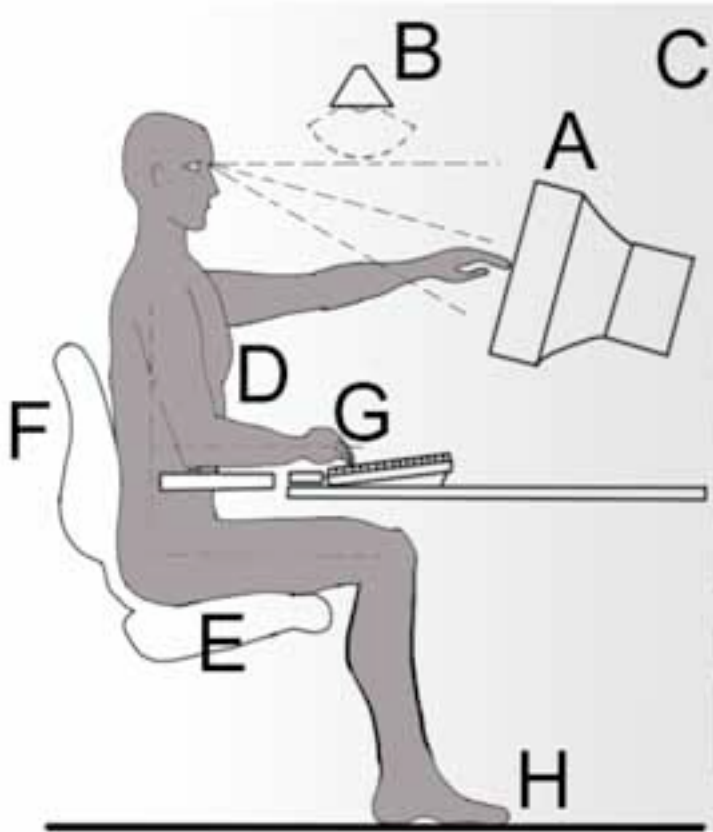


Everyday Activities Increasing Your Chances of Back or Neck Pain.

Each of these activities pulls your spine out of ideal alignment. Over time this may increase your chances of back pain. The more of these you do, the greater the risk of pain. Use the tips in the right column to reduce your risk – and your pain.

Activity	What You Can Do To Change It
Sleep on your back with more than one soft pillow.	Gradually reduce the number of pillows and firmness of the pillows.
Sit in a car seat tilted back so your shoulders are further back than your hips.	Gradually adjust the seat-back, week-by- week. Make a note in your diary to do it!
Sit in a car seat with no lumbar support, or where the front of the seat is angled upwards.	Fit a lumbar support to the back of your car and office chairs. To purchase a lumbar support, visit: http://www.optp.com To remove the slope of your car seat, buy and use a Relaxobak from our webstore https://www.totalfitness.net/acatalog/TotalFitnessStore.html
Slouch on a sofa or chair regularly.	Put cushions behind your back, and under your buttocks (if needed).
Lie on your side and use your elbow to prop your head up.	Change position.
Lie in a bath that has sloping sides.	Sit up and bathe yourself and then get out. Buy a large inflatable cushion that is the right size to fit behind your back. Stand up and shower!
Sit on an office chair and not get up and move about at least once every 20 minutes.	Make the effort to get up to go to the bathroom, top-up your water, or just stretch.
Sit at a desk and use a computer with poor ergonomics	Assess your ergonomics – see the picture below* as a guide from http://www.rsiwarrior.com/images/ergonomics.jpg
Being seated and reading by bending forwards to be able to see to read the book.	Tilt the reading material upwards so it is almost at eye level. Buy a bookstand.
Performing crunches or sit-ups	Switch to functional, whole body exercises using free weights and good technique.
Using weights machines	As above.

* Ergonomics



- A- Position monitor 18" to 24" away (approximately arm's length) and about 15° to 30° below your line of sight.
- B- Don't let light shine in your eyes or on your screen.
- C- Square screen to your line of vision.
- D- Forearms 90° from your spine.
- E- Thighs 90° from your spine.
- F- Use a well-made, adjustable office chair, preferably with padded, adjustable arms.
- G- Use a wrist pad to support your hands when not typing.
- H- Feet flat on the floor.